



Wilson County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Wilson County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Wilson County School System that includes:

- School Health Advisory Committee
- Nineteen Healthy School Teams
- School Health Policies strengthened or approved include the wellness policy and heat index precautions.
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$900,000.

Community partnerships have been formed to address school health issues. Current partners include:

- TNCEP Coalition
- Wilson County Health Council
- Cumberland University
- Tennessee State University
- UT Extension
- Cumberland Mental Health
- STARS Nashville and Youth Villages

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities that include Family Fitness Nights. Currently, 10 parents are collaborating with CSH.

Students have been engaged in CSH activities that include Wilson County's Fall 3rd-5th Grade Olympics and our elementary/middle school health screenings. Approximately 59 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Wilson County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 24,655 health screenings which resulted in the following referrals to health care providers: 1,278 BMI referrals, 821 blood pressure referrals, 632 vision referrals, 88 hearing referrals, and 75 scoliosis referrals;

Students have been seen by a school nurse and returned to class – 93,936 student visits and 85,346 were returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Of the 6,360 Wilson County students weighed and measured during the 2010-11 school year, 1,278 or 20% were found to be obese and 1,217 or 19% were found to be overweight.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include walking trails, fitness equipment, health education curricula, and physical education curricula;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include TN Association of Health, Physical Education, Recreation, and Dance Conference, district-level physical education in-services, school counselor/nurse crisis response training, and bullying prevention training;

School faculty and staff have received support for their own well-being through our CareHere clinicians and support services.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model curriculum and training, CATCH curriculum and training, as well as a variety of health education teaching aids;
- Physical Education/Physical Activity Interventions – CATCH physical education and CATCH Kid's Club curriculum and equipment packs, CATCH training, walking trail construction at 11 schools, after-school fitness centers, heart rate monitors and training, Fitnessgram fitness testing, and electronic fitness equipment;
- Nutrition Interventions – removal of deep fryers, expansion of fruit selection during lunch, the addition of a fruit during breakfast, and the addition of a nutrition educator;
- Mental Health/Behavioral Health Interventions – implementation of district-wide suicide prevention training, in-school programming from local mental health providers, the development of a MH crisis response team and protocol.

We have been able to revamp our physical education programs through additional training, equipment, and supplies which were funded by nearly \$900,000 in federal and state grants. In the last four years, our nursing force has been expanded by nearly 30% as well as our health

screening program by over 500%. Through these expansions, we've been able to uncover a multitude of ailments and have been able to address hearing and vision issues that hinder the educational process.

In such a short time, CSH in the Wilson County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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